We claim:

1. Heart condition monitoring apparatus, comprising:

a pair of glasses;

a plurality of light emitting diodes on the glasses for emitting light onto a surface; a plurality of photosensors on the glasses for receiving reflected light;

electronic circuitry on the glasses and connected to the plurality of photosensors for receiving signals from the plurality of photosensors; and a power source on the glasses and connected to the the plurality of light emitting diodes, the plurality of photosensors and the electronic circuitry for providing power.

- 2. The apparatus of claim 1, wherein the power source is a battery.
- 3. The apparatus of claim 1, wherein the power source is at least one solar cell.
 - 4. The apparatus of claim 3, further comprising:

 a battery as a back-up power source to the at least one solar cell.
- 5. The apparatus of claim 1, wherein the plurality of photosensors are positioned in a plane offset from the plane of light emission from the light emitting diodes.

- 6. The apparatus of claim 1, further comprising a transmitter on the glasses and connected to the circuitry for transmitting signals from the circuitry to a remote receiver.
- 7. The apparatus of claim 1, further comprising a plurality of lamps on the pair of glasses for indicating a sensed condition of a user.
- 8. The apparatus of claim 1, further comprising a display on lenses of the glasses for indicating the sensed condition of a user.
- 9. The apparatus of claim 8, wherein the display is a numerical display for indicating the user's heart rate and pulse rate.
- 10. The apparatus of claim 1, further comprising at least one button on the glasses for inputting the user's information.
 - 11. Heart condition monitoring apparatus, comprising:
 - a pair of glasses;
 - a plurality of light emitting diodes on the glasses for emitting light onto a surface; a plurality of photosensors on the glasses for
 - receiving reflected light;
 - a plurality of electrodes positioned on a user's body for determining heart rate;
 - a sensor on the user's wrist for determining pulse rate;

a receiver on the glasses for receiving signals from the plurality of photosensors, from the plurality of electrodes and from the sensor; and a power source connected to the glasses for providing power to the plurality of light emitting diodes, the plurality of photosensors and the receiver.

- 12. The apparatus of claim 11, further comprising:

 a display on the lenses of the glasses for

 displaying signals transmitted by the receiver

 indicating a sensed condition of the user.
- 13. The apparatus of claim 12, wherein the display is a numerical display for indicating the user's pulse rate and heart rate.
 - 14. The apparatus of claim 11, further comprising:

 a plurality of lamps on the glasses for indicating
 the sensed condition of the user.
- 15. The apparatus of claim 11, wherein the sensor is connected to a watch.
- 16. The apparatus of claim 11, wherein the plurality of photosensors are positioned in a plane offset from the plane of light emission from the light emitting diodes.
- 17. The apparatus of claim 11, wherein the power source is a battery.
- 18. The apparatus of claim 11, wherein the power source is at least one solar cell.

- 19. The apparatus of claim 18, further comprising:

 a battery as a back-up power source to the at
 least one solar cell.
- 20. The apparatus of claim 15, further comprising a radio transmitter on the watch for transmitting signals from the sensor to the receiver.
- 21. The apparatus of claim 11, wherein the receiver is a signal discriminator chip.
 - providing a pair of glasses;
 emitting light onto a surface of a user by a
 plurality of light emitting diodes on the glasses;
 receiving reflected light by a plurality of
 photosensors on the glasses;
 determining changes in the amount of reflected
 light received by the photosensors;
 transmitting a signal corresponding to the change
 in reflected light from the photosensors to
 circuitry on the glasses; and
 determining a user's condition by measuring
 changes in the signals received by the circuitry.
 - 23. The method of claim 22, further comprising inputting target conditions to the circuitry; comparing the sensed condition to the target condition; and

indicating to the user the relation between the sensed condition and the target condition.

- 24. The apparatus of claim 23, wherein the indicating to the user comprises displaying a lighted display on the lenses of the glasses.
- 25. The apparatus of claim 23, wherein the indicating to the user comprises displaying a numerical display on the lenses of the glasses.
 - 26. The apparatus of claim 22, further comprising:

sending the signal from the circuitry to a transmitter;

sending the signal from the transmitter to a remote receiver;

sending the signal from the remote receiver to a home computer;

determining if the sensed condition exceeds the user's inputted target condition; and sending the signal from the home computer to a doctor's office through the Internet when the sensed condition exceeds the target condition.

27. The apparatus of claim 22, further comprising:

sending the signal from the circuitry to a

transmitter;

sending the signal from the transmitter to a home
computer;

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determining if the sensed condition exceeds the user's inputted target condition by the home computer; and dialing an emergency service by the home computer when the sensed condition exceeds the target condition.

28. The apparatus of claim 22, further comprising:

placing a sensor on the user's wrist;

sensing the user's pulse rate by the sensor; and

transmitting the pulse rate signal from the sensor

to the circuitry on the glasses.

29. The apparatus of claim 22, further comprising:

placing a plurality of electrodes on the user;

sensing the user's heart rate through the

plurality of electrodes; and

transmitting the heart rate signal from the

plurality of electrodes to the circuitry on the

glasses.